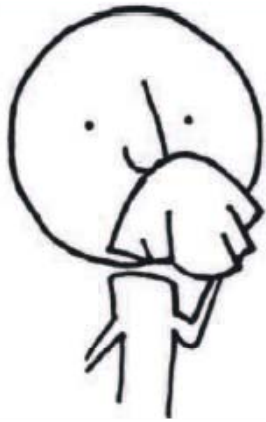


Keep Germs to Yourself!

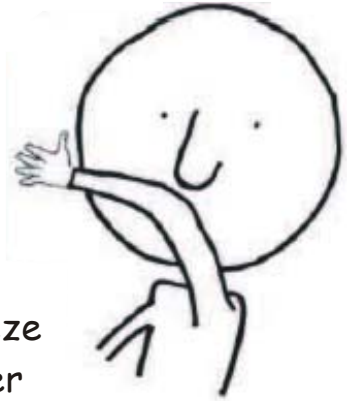
Cover Your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or

Cough or sneeze into your upper sleeve - not your hands.



Put your used tissue in the waste basket.



Clean Your Hands



Wash vigorously with soap and water or Use an alcohol-based hand cleaner.



Stop the spread of germs that make you and others sick!



Bureau of Health
Maine Department of Human Services
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